Flex Therapist CEUs

Shoulder Impingement: An Athlete Case Study

1. Which of the following correctly describe SIS?

- A. It typically manifests with pain bilaterally.
- B. The pain is commonly localized to the superior and lateral aspect of the involved shoulder.
- C. It results in increased pain with adduction and internal rotation.
- D. It results in decreased ROM around the involved scapulothoracic joint.

2. In literature, a functional classification of SIS often observes increased electromyography activity in which specific muscles?

- A. Upper trapezius muscle
- B. Middle and lower trapezius muscles
- C. Serratus anterior muscle
- D. Functional classification of SIS is commonly seen in all of the above muscles

3. Which cluster of tests show a 10.56 likelihood ratio of being able to rule in SIS as a potential pathology when there are positive results on all three tests?

- A. Neer, Hawkins-Kennedy, and drop arm
- B. Drop arm, painful arc of motion, and infraspinatus muscle test
- C. Hawkins-Kennedy, painful arc of motion, and infraspinatus muscle test
- D. Infraspinatus muscle test, Neer, and drop arm

4. Muscular imbalances are one of the main etiologies of a functional classification of SIS.

- A. True
- B. False

5. By addressing muscle force couple imbalance, superior translation and humeral head stabilization would theoretically be corrected.

- A. True
- B. False

6. With external rotation of the glenohumeral joint, it was found that there is decreased activity of the _____ trapezius, leading to muscle force couple imbalance.

A. Upper

B. MiddleC. LowerD. All of the above

7. The reasoning behind using manual stretching was primarily:

- A. To increase the patient's pain free ROM.
- B. To increase the patient's functional activity.
- C. To increase the patient's strength.
- D. To decrease the patient's pain.

8. The ROM measurements showed significant changes in all motions that were initially limited, except for flexion.

A. True

B. False

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